Finding Your Way to a Healthier You:
Based on the *Dietary Guidelines for Americans*
City of Glasgow Wellness Program
QUIZ (Worth 1 Wellness Point)

Please return your quiz to your Department Head for your Educational Session Credit or Fax to Kathy Radomski at (866) 734-3250

NAME: _____

1. Give one tip for eating on the go.

2. How many ounces of whole grains should you eat each day?

3. What is the bottom line to losing weight?

4. Explain three important items to look at on a Nutrition Label.

5. What is the recommended internal temperature of cooked poultry in order to be safe to eat?

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